

# THE FOOD PYRAMID

Drag and drop the food into the food pyramid.

Diagram illustrating the Food Pyramid with food categories and corresponding food items:

- fats and sugar** (Red box)
- protein** (Yellow box)
- dairy products** (Green box)
- fruit and vegetables** (Green box)
- carbohydrates** (Green box)

Food items shown around the pyramid (each with a speaker icon):

- Salmon (top)
- Cherry tomatoes (left)
- Salad (right)
- Milk (left)
- Apple (right)
- Spaghetti (bottom left)
- Bread (bottom center-left)
- Pastry (bottom center-right)
- Cheese (bottom right)
- Roasted chicken (bottom center)